

FIGS, WHOLE, DRIED

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

Dried Figs are U.S. Grade B or better, packed whole and loose.

Pack/Yield

Dried Figs are packed in 1 pound packages.

Storage

- Store figs in a cool, dry place. The low-moisture level and high natural sugar level prevent rapid spoilage.
- After opening, carefully reclose open packages to prevent insect infestation.
- The natural fruit sugar crystallizes after figs have been stored for a considerable time, forming a harmless, white coating. This crystallized fruit sugar can be removed by washing figs with warm water.
- For **best quality**, opened packages of dried figs should be used within 6 months. After opening, store in the refrigerator. Unopened bags will keep for two years.

Uses and Tips

- Figs contain natural moisture-preserving qualities which help to keep baked goods fresher longer.
- Figs are a ready-to-eat snack; they can be added to a mix of nuts and raisins, or sprinkled on top of dry or cooked cereals.
- Add sliced or chopped figs to muffins, breads, cookies, and other desserts.
- Toss in salads.

(See recipes on reverse side)



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- Figs can also be used in ham, chicken, and turkey main dishes, sandwiches, and in sauces.

Preparation/Cooking

- For baking and cooking: remove the stem with a knife or scissors. Chop or cut fig into pieces and substitute for raisins in baked items. Dip the scissors in water frequently to prevent stickiness when cutting figs.
- To stew: Cover figs with water and simmer for 30 minutes or until soft.

Nutrition Information

- **Dried Figs** are a significant source of dietary fiber, providing nearly 25% of the daily recommended allowance. They are low in fat and sodium.
- 1/4 cup of dried, uncooked figs provides 1 serving from the **FRUIT GROUP of the Food Guide Pyramid**.

| Nutrition Facts | | | |
|---|------|-----------|-----|
| Serving size ¼ cup (three each) (49g) dried, uncooked figs | | | |
| Amount Per Serving | | | |
| Calories | 126 | Fat Cal | 5 |
| % Daily Value* | | | |
| Total Fat | 0.5g | | 0% |
| Saturated Fat | 0.1g | | 0% |
| Cholesterol | 0mg | | 0% |
| Sodium | 5mg | | 0% |
| Total Carbohydrate | 32g | | 10% |
| Dietary Fiber | 6g | | 24% |
| Protein | 1g | | |
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 7% | Iron | 6% |
| *Percent Daily Values are based on a 2,000 calorie diet. | | | |

Lowfat Chocolate Fig Cake

1 cup chopped dried figs
 1 cups boiling water
 1 teaspoon baking soda
 ¼ cup oil
 ¾ cup sugar
 ½ cup applesauce
 1/2 cup eggs (2 each)
 3 tablespoons cocoa
 1 1/4 cups + 2 tablespoons flour
 2 teaspoons vanilla

Recipe provided by "Food Management" magazine

1. Grease and flour a 8"x12" pan. Preheat oven to 350°F.
2. Place figs in a bowl; pour boiling water over the top and sprinkle with baking soda. Mix and allow to stand until cool.
3. Combine oil and sugar. Blend in eggs, applesauce, vanilla, salt, and cocoa.
4. Add flour alternately with cooled fig mixture.
5. Spread batter in pan.
6. Bake for 50 minutes until a toothpick inserted in the center comes out clean.
7. Cut 3 x 4.

Makes 12 servings

Nutrition Information for each serving of Lowfat Chocolate Fig Cake

| | | | | | | | |
|-------------------|-------|--------------------|--------|-----------|-------|---------|--------|
| Calories | 203 | Cholesterol | 35mg | Sugar | 23 g | Calcium | 35 mg |
| Calories from Fat | 50 | Sodium | 120 mg | Protein | 3 g | Iron | 1.1 mg |
| Total Fat | 5.6 g | Total Carbohydrate | 35 g | Vitamin A | 20 RE | | |
| Saturated Fat | 1.1 g | Dietary Fiber | 2 g | Vitamin C | 0 mg | | |

Rice with Figs

2 cups (16 ounces) rice
 2 2/3 cups chicken or beef broth
 1 tablespoon butter
 1 tablespoon oil
 1/3 cup minced onions
 ½ cup chopped dried figs
 ½ cup chopped almonds

Recipe provided by California Fig Advisory Board

1. Prepare rice with 2 1/3 cups broth and butter according to package directions.
2. Add oil to onions, figs, and almonds in a medium skillet. Sauté 2-3 minutes until nuts are golden.
3. Add remaining 1/3 cup broth; heat through.
4. Toss fig mixture into cooked rice.

Makes 6 servings

Nutrition Information for each serving of Rice with Figs

| | | | | | | | |
|-------------------|--------|--------------------|--------|-----------|-------|---------|--------|
| Calories | 235 | Cholesterol | 5 mg | Sugar | 11 g | Calcium | 65 mg |
| Calories from Fat | 99 | Sodium | 368 mg | Protein | 6 g | Iron | 1.6 mg |
| Total Fat | 11.1 g | Total Carbohydrate | 29 g | Vitamin A | 21 RE | | |
| Saturated Fat | 2.4 g | Dietary Fiber | 3 g | Vitamin C | 0 mg | | |

These recipes, presented to you by USDA, have not been tested or standardized.

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